

# SPRING NEWSLETTER

News from Elizabeth Finn Homes

## Page 02

### Celebrating Love, Growth and Community

Welcome from  
Olivia Curno.

## Page 04

### News from across our homes

An overview of our  
busy year in photos.

## Page 06

### Investing for the future

An update on our  
recent upgrades.

## Page 08

### Potted Perfection competition

Decorate and create a  
beautiful home entrance.

## Celebrating Love, Growth and Community

Welcome to our Spring newsletter, where we invite you to delve into the vibrant activities and events that have taken place across Elizabeth Finn Homes over the past few months, and the things to come.

With the season of renewal upon us, I am thrilled to see glimpses of the wonderful moments that unfold within our community, showcasing the endless spirit of inspiration and love that permeates every aspect of life at our Homes.

This edition of our newsletter shines a spotlight on the heart-warming theme of love, resonating through the array of activities



and initiatives undertaken by our residents and staff. From Valentine's Day celebrations to the bonds we share with our beloved pets, love is truly the thread that binds us together. The International Women's Day celebrations further demonstrating the love and support we have for each other and the incredible women within our community and beyond.

Spring brings with it a sense of rejuvenation, mirrored in the blossoming life within our gardens, which we will no doubt all be enjoying in the coming months. For Elizabeth Finn this is reflected in the exciting extension nearing completion at Eversfield, Reigate, which you can read about here. We look forward to welcoming new staff and new residents from October.



## 5 MINUTES WITH... Catherine Lines, Clinical Director

In her current role, Catherine oversees the delivery of care and compliance for Elizabeth Finn Homes.

Catherine trained as a Registered Nurse which began a career in nursing that culminated in a position as Surgical Modern Matron. She went on to lead the Bristol Hospital's International Recruitment and Education Programme which brought her acute nursing experience into senior healthcare management.

In 2005 Catherine moved from the NHS to the role of Director of Tetbury Hospital, an independent charitable community hospital in Gloucestershire. She joined Elizabeth Finn as the General Manager of The Cotswold Home in 2013, later moving to join the team at HQ as Clinical Operations Manager. She took on her current role as Clinical Director in August 2022.

I eagerly await the entries to the Potted Perfection competition, I know you will all showcase your green-fingered talents and creativity, whilst adding an extra splash of colour to our surroundings.

As ever, I would like to extend my heartfelt gratitude to you all. Your commitment and boundless love infuse our homes with warmth, laughter, and joy, making them vibrant and loving places to live and work.

I look forward to sharing many more moments together in the seasons to come.

With warmest regards,

**Olivia Curno,**  
Chief Executive

### 3. What has been your biggest challenge?

I was managing the Bristol Royal Infirmary as a Clinical Site Manager when we had a weekend of extreme ice and snow and I had to manage over 200 admissions through A and E it was a weekend I will never forget!

### 4. What would you say to someone looking to start a career in care?

Do it... it has rewards that are not given by any other career. At times it can be scary, frustrating, upsetting, exhausting, but being able to make someone feel cared for and loved surpasses any negatives in this role.

### 5. What is the biggest issue facing the care sector currently in your opinion?

Regulatory changes – A new Single assessment framework that at present is not providing stability and fairness to the care sector neither does it feel that it is reflective of the amazing work that is driven by individuals working across residential care. It is taking key individuals' focus away from providing care and making it a data collection process.

### 6. What is your favourite place to visit?

The Forest of Dean which I am lucky starts at the end of my road, to walk through trees and woods and hear birds and see deer and "wild Boar" helps me switch off.



### 7. What would we most likely find you doing when not at work?

Cycling! I have opted for an E Bike best thing I ever bought you can cycle for miles and hills are no longer a torment!

### 8. Do you have a life philosophy?

Yes just try your best and no one can argue against that!

### 9. Who do you most admire?

At the moment Rob Burrows – an athlete struggling with Motor Neurone disease his determination and openness about his condition is humbling.

### 10. If you could do any one thing in your life, what would that be?

See penguins in their natural habitat before it all disappears!

## Introducing a new set of values for Elizabeth Finn Homes

We are excited to unveil our new set of values. These values are intended to represent the beliefs, behaviours and principles that drive us. Together they will guide everything we do, from caring for our residents to supporting our dedicated staff members and welcoming new people into our community.

### Bring love

We're always here for each other, giving and receiving meaning through warmth, kindness and compassion, treating everybody with loving care and keeping everyone's happiness close to heart.

### Inspire more

We're motivated by an ambitious determination to achieve more every day, creating inclusive places to live and work, spurred on by an infectious energy to help everybody feel more joy and live better.

### Welcome all

We all have something valuable to offer, so we celebrate differences and encourage individuality, in a place of community, support and respect, where everyone feels they truly belong.

### Act with purpose

We take responsibility and do exceptional work for the most important of reasons – enriching the wellbeing of everyone we care for and giving back to the society we all share.

**We invite you to join us as we continue to bring love, welcome all, inspire more, and act with purpose in everything we do. Thank you for being a part of the Elizabeth Finn Homes community.**

# News from across our homes

Despite the dreary weather and short days, we have been keeping very busy. So far this year we have flipped pancakes, shown our love on Valentine's Day, celebrated International Women's Day and generally had a good time.

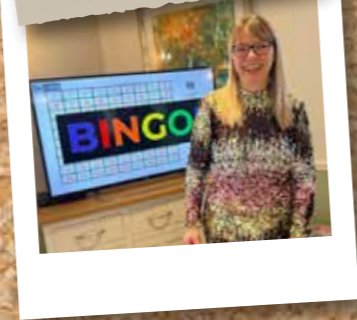
Take your pet to work day



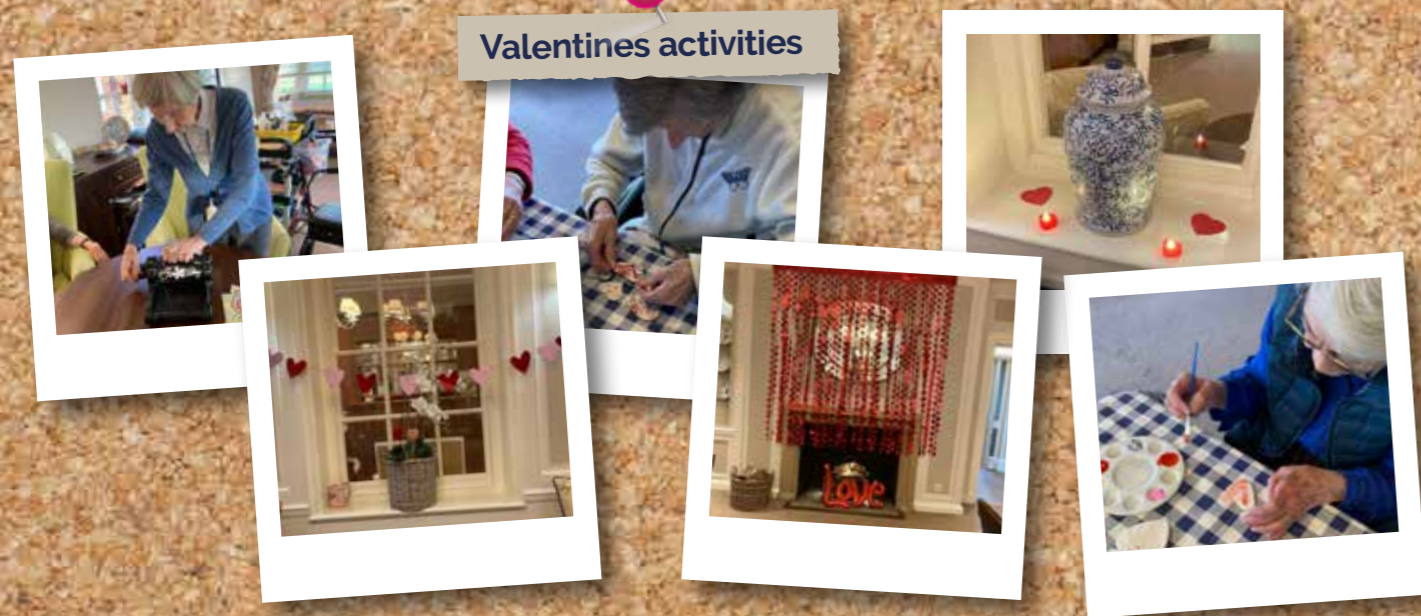
Dignity Day



Glitzy Bingo



Valentines activities



Daffodil Biscuits



Pancake Day



International Women's Day



## Continuing the work of our founder Elizabeth Finn.



Today we still proudly follow in the footsteps of our founder Elizabeth Finn, who devoted her life to charitable works and improving the lives of others. Elizabeth was a champion of kindness and dignity for those facing hard times and we continue her legacy through the excellent care provided in our homes and through our support of Turn2us, the charity she founded.

Elizabeth Finn Homes operates on a unique profit for purpose basis as a wholly owned subsidiary of Turn2us, with profits and surplus donated in support of their much-needed work across communities in the UK. Together, this partnership supports people and families who are living with financial insecurity.

Every year, Elizabeth Finn Homes makes a donation to Turn2us, so that our organisations can stand beside the 1 in 5 people (and 1 in 3 children) who are living with poverty in the UK today. This collaboration helps people to lift themselves from financial insecurity so they can thrive into the future.

In the last year alone, your support has meant the Turn2us team could process over 3 million calculations to help people living with poverty to find and access sustainable financial support for the long term.

At the same time, nearly £4 million has been provided to support 3,000 individuals and families who are struggling with cost of living – providing direct and immediate support at the time when it is most needed.



## Working at Elizabeth Finn Homes

All our staff are exceptional. We value everyone and the roles they play across our 8 homes.

We are a **National Living Wage employer**



We frequently ask our staff for feedback.

Many of our employees stay with us for their whole careers and make long-term friendships.

We offer excellent benefits, including a generous pension, paid training time, free uniforms, enhanced sickness pay, and we're about to launch new family policies.



## Investing for the future

We continually assess the facilities and decoration at our Homes and through our capital investment programme we ensure that the internal and external spaces are kept in pristine condition with the latest amenities.

Recent upgrades have been seen at Merlewood with the redecoration of their reception area, which now features a coffee station, enjoyed by residents and visitors alike.



In June last year our brand new extended and modernised kitchen was finished at The Cotswold Home. Even though our staff had to work from portable cabins through the cold weather, they delivered the same high standards of food, and piping hot too!

Currently underway is the dining room refurbishment at Halliwell which will include a new residents bar. We know this will be a great asset and well-used.

Our latest development is the extension to our Eversfield home in Reigate, where we are adding 16 new nursing care beds. Work is due to be completed in August and we



look forward to welcoming new staff and new residents from October.

A big thank you to our fabulous team of builders, MCS Construction who are not only doing a great job but keeping our residents entertained also!

## Wellness for all

### Focus on Nutrition and Hydration

Maintaining good hydration and nutrition is important for physical and mental wellbeing. Having a balanced, healthy diet that includes items from the main food groups – carbohydrates, proteins, fruit and veg and dairy – ensures the intake of the nutrients, vitamins and minerals that we need. It means that we can feel our best.

Eating well protects you against many chronic diseases such as heart issues, diabetes and cancer. Eating a variety of foods, and consuming less salt, sugars, saturated fats and processed food, are essential for a healthy diet.

Planning ahead helps ensure dietary intake remains balanced, and at Elizabeth Finn Homes this is carried out by our meal planning team, headed up by Jeremy Fisher.

### Good hydration

Good hydration is one of the most important aspects of a healthy diet.

Our bodies are very good at giving us hunger signals, tiredness signals, when to visit the bathroom, but not so good at letting us know we are dehydrated until we are very dehydrated.

In general, your body needs 1.5 - 2 litres of fluid per day to be well-hydrated.

Water is the best way to fight dehydration, little and often throughout the day.

### How do we tackle nutrition and hydration at Elizabeth Finn?

We work as a team! All staff members, from our resident chef to our housekeeping team, are aware and informed on the issues of nutrition and hydration.



We raise awareness through regular daily team meetings and ensure residents and relatives are also well-informed so that we can support everyone.

## Update from our kitchen

This month we have introduced our new Spring/Summer menus, a selection of delicious daily menus with lots of choice, using seasonal produce lovingly put together by our catering teams and Development Chef, Jeremy.

Food is such an important part of our lives and enjoying mealtimes with others, sharing good food and conversation, helps to keep minds and bodies in good condition. Dining with others encourages healthier eating habits, as it involves the sharing of meals and promotes mindful eating practices.

Moreover, the companionship and sense of community fostered by dining together can uplift mood, boost morale, and contribute to a greater sense of belonging. In essence, sharing meals with others not only nourishes the body but also nourishes the whole person.

We have listened to our residents to make sure we include their favourites too. So, staying on our menus will be the weekly fish and chips and traditional roast, always popular and we have some very tasty puddings to try, including a peach cobbler and raspberry pavlova.



# FEATURED HOME

## Rashwood

**Rashwood is our beautiful country house home just outside Droitwich in Worcestershire.**

Originally known as Rashwood Court, the house was built in the 1920s for Walter Loveridge Hodgkinson. It was a well-appointed residence set within six acres of grounds featuring a Rockland water garden, tennis court, croquet lawn, swimming pool, stabling and coach house. Inside it had three main reception rooms, seven bedrooms, a billiard room, a conservatory, and even central heating!

Rashwood remains a charming home with many of the original features of the main house incorporated into the current décor, now with the addition of a modern

single storey extension with two pretty courtyard areas. The original coach house and chauffeur's cottage provide additional facilities.

Today Rashwood is a warm and welcoming home that offers 53 rooms, many with ensuite or wet rooms, and lovely views over the gardens and courtyards. The six acres of grounds are a haven for flora and fauna and provide our guests with endless space to enjoy the fresh air and changing seasons.

Sharon Quigley heads up our team at Rashwood, being appointed as the new General Manager last December. Our staff are a happy and caring group of individuals with an enviable long service record which reflects the type of home and environment we have worked hard to create. Rashwood has a high reputation and standing in the local



community and both residents and staff enjoy living and working in such a warm, friendly place.

Paul, our gardener lived as a child in the cottage when his grandfather was the gardener before him and has recently celebrated 40 years in his role. On the 5th March Lynette was recognised for her 45 years as a carer, the longest serving Elizabeth Finn Homes member of staff.

## Competition time!



Announcing our Potted Perfection competition... as part of National Care Home Open Week in June join our Elizabeth Finn competition.

As it's Spring we are encouraging all our residents, staff, volunteers and families to add even more

colour to our homes with our 'Potted Perfection' competition.

Your Home Team will be competing against the other homes in the Elizabeth Finn group.

Judging day will be during National Care Home Open week on the 28th June 2024.

### Here is what you need to know:

1. Choose a vessel or vessels to act as a plant pot – could be an old watering can, a wellington, a clay pot, a mug or a shoe, the kitchen sink... anything really.
2. Decorate it in any way you like, maybe give it a theme linked to your Home or residents or our new Elizabeth Finn Values?

3. Choose your plants – flowering or fruit or vegetable.

4. Nurture your plants with water, sun and above all love and watch them grow... all tactics allowed, maybe even try talking to them.

Together with staff and fellow residents, volunteers, family and friends design, decorate and create a beautiful display at your home entrance with all your plants, pots, props and accessories!

**More details to follow but time to start putting your green fingers to work and don't forget there will be prizes!**

## And finally...

Spring is finally here and there is cause for celebration in all the new

life we see around us, especially in the gardens at our homes.

If you have any questions about our homes, about working with us, visiting us or just want to get

in touch, we would be delighted to hear from you.

**Call 020 88349200 or email [enquiries@elizabethfinnhomes.co.uk](mailto:enquiries@elizabethfinnhomes.co.uk)**